

Aboriginal
Wellbeing Conference



Aboriginal Wellbeing Conference

**Wellbeing Programs – Symptomology v Causality and the
Importance of Healing**

Dr Paul Callaghan

'When you spend billions of dollars a year on any group of people you expect outcomes but sadly those billions have gone to the non-productive, unrepentant aboriginal industry,' she said.

Pauline Hanson





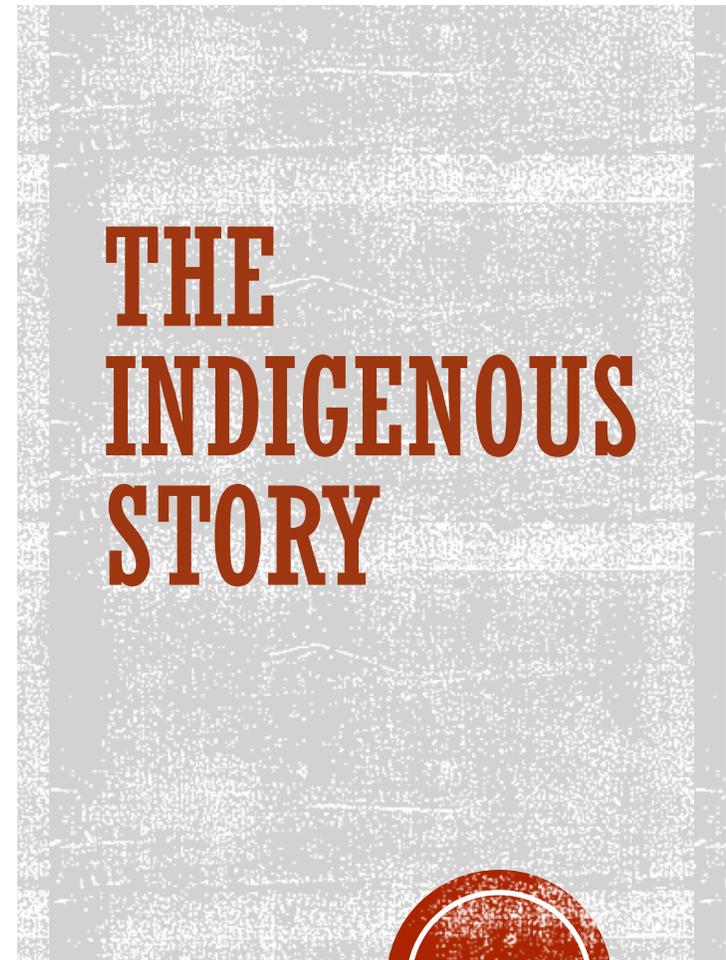
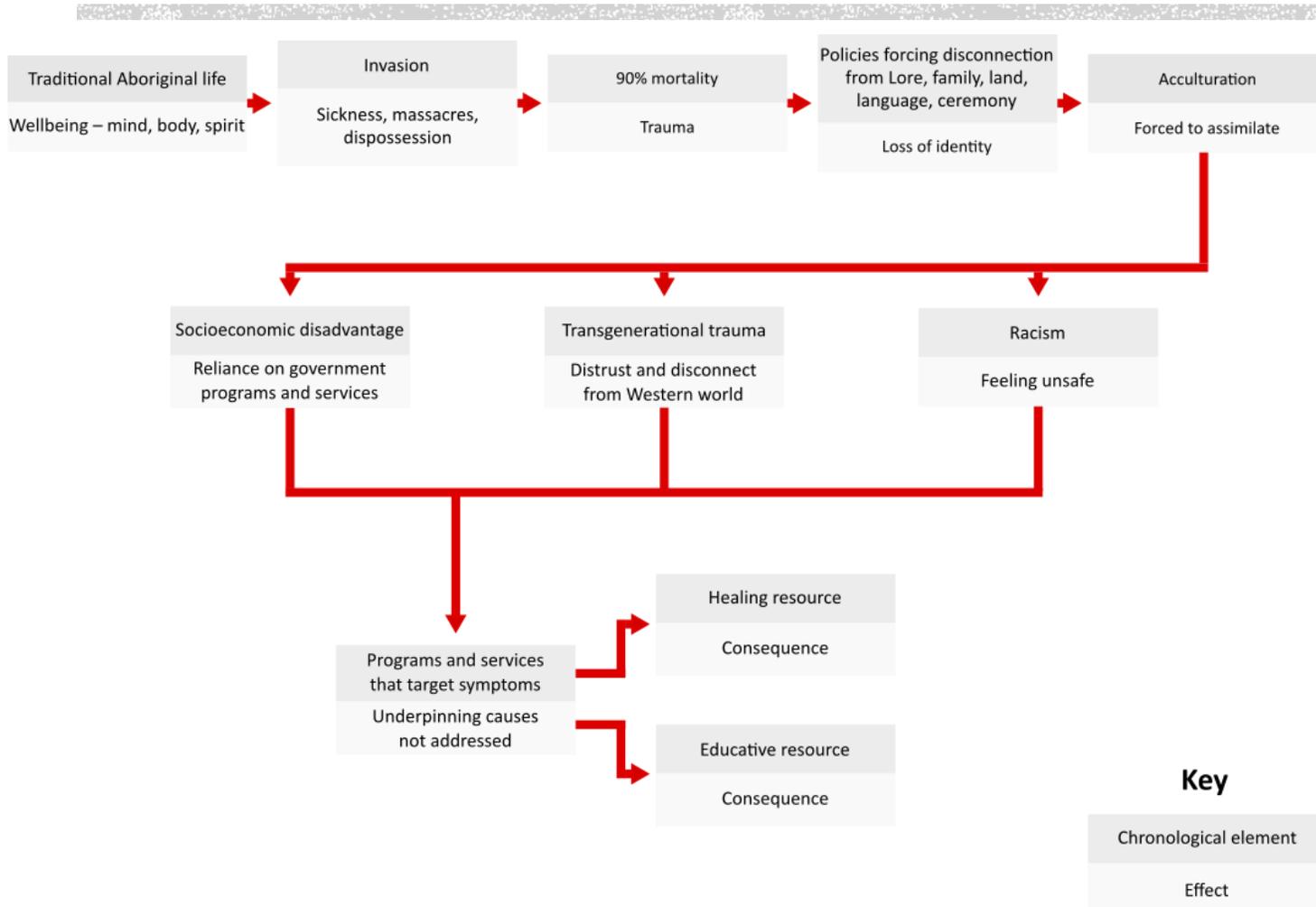
- Total government expenditure
\$556.1 billion
- Indigenous expenditure
\$33.4 billion
- Mainstream (for all people)
\$27.4 billion
- Indigenous specific (targeted)
\$6.0 billion
- 1.1% of total expenditure
- Indigenous population 3.3%



THE OLD PEOPLE

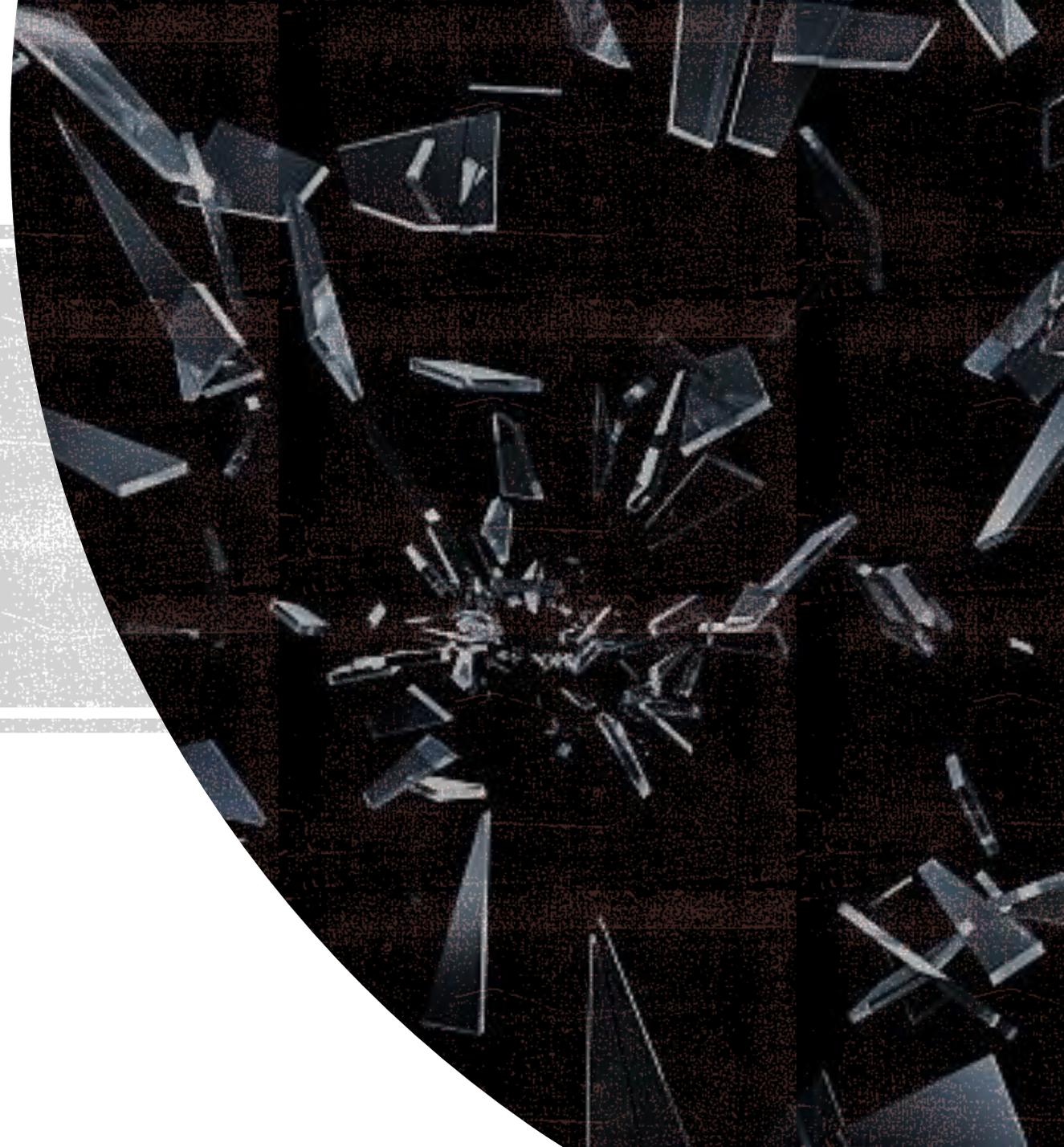
When we leave this world behind. All we leave behind is our story.

So make it the best story possible.



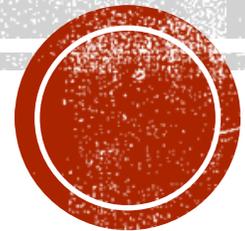
EFFECTS OF COLONIALISM

- Unresolved grief and loss
- Trauma and abuse
- Violence
- Removal from family
- Substance misuse
- Family breakdown
- Cultural dislocation
- Racism and discrimination
- Exclusion and segregation
- Loss of control of life
- Social disadvantage



SYMPTOMS

- Lower life expectancy
- Lower education and employment outcomes
- Lower income
- Lower housing ownership
- Higher incarceration
- Higher women assaulted
- Higher children taken
- Poorer health



CAUSE

- Loss of culture
- Cultural genocide not only works to destroy the cultures of oppressed peoples, it also eradicates the sense of self, of self-worth and of wellbeing in individuals and groups so that they are unable to function



CAUSE

- Transgenerational trauma
- It must be recognised that the experience of trauma and loss, present since European invasion, are a direct outcome of the disruption of cultural wellbeing. Trauma and loss of this magnitude continue to have intergenerational effects



CAUSE

- Cultural Unsafety
- An environment that is safe for people
- Where there is no assault, challenge or denial of their identity, of who they are and what they need

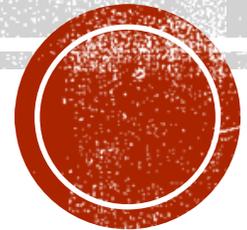


WHAT WE NEED

- Programs that target symptoms
- Programs that target cause
- Cultural reclamation (identity, meaning, purpose)
- Healing
- Educate white Australia

WHAT DOES HEALING LOOK LIKE?

- Definition of wellbeing



SEWB WHEEL

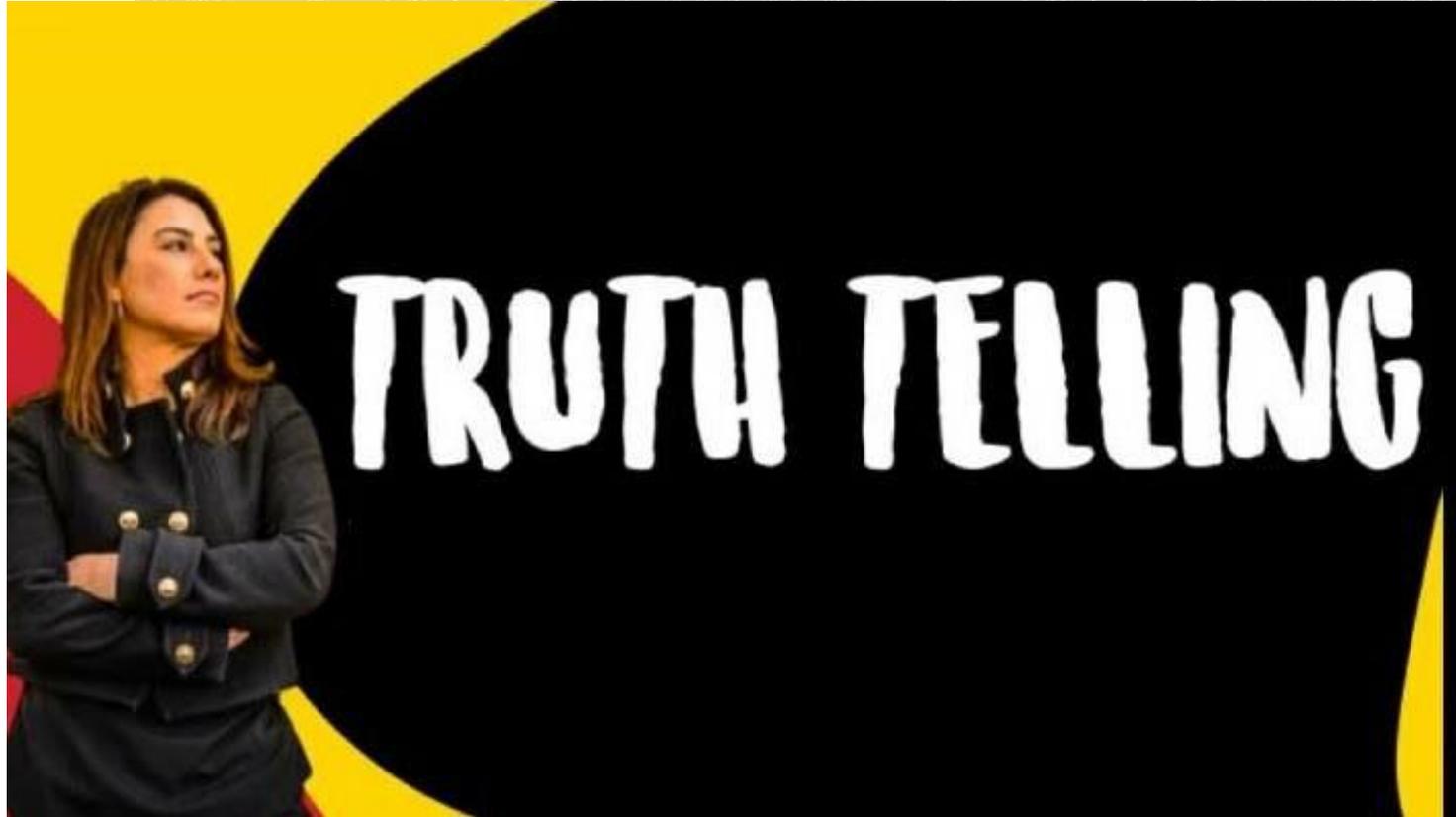


© Gee, Dudgeon, Schultz, Hart and Kelly, 2013

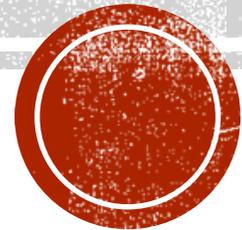
- Connection to body
- Connection to mind and emotions
- Connection to family and kinship
- Connection to community
- Connection to culture
- Connection to country
- Connection to spirit, spirituality and ancestors



EDUCATION CAMPAIGN

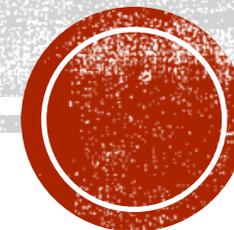


- Schools
- Universities
- Workplaces
- Other



TARGET	TARGET	TARGET
1. Life expectancy	7. Year 12	13. Family violence
2. Baby birthweight	8. Tertiary qualifications	14. Housing
3. Child development	9. Youth employment	15. Cultural connection to land and waters
4. Out of home care	10. Employment	16. Aboriginal languages
5. Reduction in suicide	11. Incarceration	17. Digital inclusion
6. Early childhood schooling	12. Youth detention	

CLOSING THE GAP TARGETS





CLOSING THE GAP TARGETS

- How many of the CTG targets address cause?
- How many CTG targets are anchored in dominant culture (white ways of thinking and acting)?

CONCLUSION

- Although it is important to address symptoms of Aboriginal disadvantage, it is crucial that thinking and funding address causal factors at an appropriate level including:
 - impacts of colonisation and assimilation
 - the need for healing
 - the need for truth telling and understanding



**MORE INFORMATION
ON WELLBEING**

**PAUL CALLAGHAN WITH
UNCLE PAUL GORDON**

**THE
DREAM
ING
PATH**

'Beautiful storytelling.
Every Australian needs
to read this book.'

Hugh van Cuylenburg,
author of *The
Resilience Project*

'This book is a must for every family
home ... It's a peek inside the life and
understanding of the "old ways", which
have the potential to unite a country.'

Joe Williams, advocate and author
of *Defying the Enemy Within*

'I love this beautiful
book... This should
be required reading
for anyone entering
a leadership position
in any walk of life.'

Dr Bruce Perry,
co-author with Oprah
Winfrey of *What
Happened to You?*

**INDIGENOUS THINKING
TO CHANGE YOUR LIFE**

